

## **Native American Caregiver Support Program (NACSP)**

### ***Central Council of Tlingit and Haida Indian Tribes***

**THE CENTRAL COUNCIL OF TLINGIT AND HAIDA INDIAN TRIBES (CCTHITA)**, the Tribal Government representing over 24,000 Tlingit and Haida Indians worldwide, is located in Juneau, Alaska. CCTHITA represents the area of Juneau and nearby Native communities within southeast Alaska.

In 2001 the CCTHITA received a Native American Caregiver Support Program demonstration grant. The goal of their project is to increase the level of access to caregiver support services for the Native elderly and their caregivers within Southeast Alaska.

#### **Caregiver Support Program Objectives**

This Caregiver Support Program established the following objectives:

- Assessing the current status of caregiver support within the region, including cultural, financial and geographical barriers;
- Inventorying resources that are currently available to provide respite care and training to caregivers;
- Developing a program model for caregiver support that reflects the unique needs and circumstances, and cultural values of the Native Elders within the region in need of care; and
- Sharing information with others facing similar challenges in the area of caregiver support.



Juneau, Alaska

#### **CAREGIVER COUNCIL**

It was felt that developing a Caregiver Council was important in the development of the project. Members of the Council include:

- Primary caregivers
- Elders
- Members of the community
- Regional tribal organizations
- Representatives from local health care provider agencies

All participants had either provided or are providing care for a loved one. This group was brought together to discuss issues that face caregivers. Along with the recommendations of this council and the assessment conducted by Cornerstone Home Health the project was able to determine the needs of the community and begin exploring ways to meet them culturally, spiritually, mentally and physically.

## Caregiver Support Services

As a result of the assessments and recommendations of the Caregiver Council, services are being developed to include:

- Support groups
- Exercise classes
- Respite care
- Resource libraries

Other issues are being addressed through workshops for the caregivers. Some of the topics for the workshops include:

- Dealing with grief, both traditionally and non-traditionally
- Elder abuse
- Financial/Medicaid options

Caregiver baskets are given to the caregivers who attend the workshops. These baskets include items the caregiver can find helpful on a daily basis. And of course, door prizes are a part of the workshop – as this is always a fun element to add to any gathering. This project understands the importance of having fun in any circumstance, since laughter is very healing.

## COORDINATION

With limited funds available to provide services for the increasing needs of the caregivers, this project realized the importance of coordinating with existing services. They have worked closely with their family programs, which include:

- Elder program
- Assisted living facilities
- Transportation services
- Homemaker and chore services
- Home health services

For additional information on this program contact:

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### FOR MORE INFORMATION

AoA recognizes the importance of making information readily available to consumers, professionals, researchers, and students. Our website provides information for and about older persons, their families, and professionals involved in aging programs and services. For more information about AoA, please contact: US Dept of Health and Human Services, Administration on Aging, Washington, DC 20201; phone: (202) 401-4541; fax (202) 357-3560; Email: [aoainfo@aoa.gov](mailto:aoainfo@aoa.gov); or contact our website at: [www.aoa.gov](http://www.aoa.gov)